

Curry Vegetable Dip

Makes: 16 servings

Turn the heat up on this vegetable dip by using hot curry powder or use regular curry powder for a more mild taste.

Ingredients

- 1 carton** yogurt (8 ounce plain, low-fat)
- 1/4 cup** carrot (shredded)
- 2/3 tablespoon** green onion (minced)
- 1 tablespoon** salad dressing (mayonnaise-type)
- 1 teaspoon** sugar
- 1/4 teaspoon** curry powder
- 1 dash** pepper

Directions

1. Mix ingredients in a bowl.
2. Chill.
3. Serve with crisp raw vegetables pieces, such as celery, carrot, or summer squash sticks.

Notes

Nutrition Information

Nutrients	Amount
Calories	60
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	70 mg
Total Carbohydrate	7 g
Dietary Fiber	0 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Learn more about:

- [Carrots](#)
- [Onions](#)

Source: USDA Food and Nutrition Service, Pyramid SnacksTeam Nutrition